

January 6, 2020

Ama ganlaak, Good morning Parkside families and students,

Happy New Year everyone. Classes resume tomorrow at Parkside Secondary. Below I have listed information for your consideration. If you have any questions or concerns please hit "reply" to this message and I will respond. I have attached a school calendar for your reference indicating dates when school will be closed due to in-service training or holidays.

**Attendance Concerns:** This month teachers will be scheduling meetings with students and their families to discuss concerns about absences from school. The purpose of these meetings is to create a support plan and discuss educational options for students.

**Student Progress:** Teachers will be completing progress reports this week for students who are not meeting expectations in the second term. These reports will be mailed to parents. The second term concludes on January 30, 2020 with report cards distributed in mid-February.

**NEW Carpentry Trades Course at Parkside:** On **MONDAY at 10:00 AM** a group of Parkside students will be learning carpentry skills at Parkside for two weeks under the supervision of a Trades instructor from our local college. Students must bring their own steel toed footwear. Safety glasses and supplies will be provided.

**Cross Country Skiing Opportunity:** Kermode Friendship Society is offering a cross country ski program at Onion Lake for youth ages 12-18 **every Monday from 3:30-6:00 PM** starting January 6, 2020. Transportation is provided. Please refer to the attached poster for more details and registration form.

**Equestrian Program at Parkside:** This week any students interested in learning how to care for and ride horses at Copperside Stables on **MONDAY and WEDNESDAY mornings 9:00AM – noon** need to express their interest to Kirsty Evans, Parkside teacher and certified riding instructor. This program operates on a weekly basis thanks to the financial support from the JumpStart foundation.

**Language Classes for Parkside Students:** Every **MONDAY from 1-2 PM** Parkside students will have the opportunity to learn the traditional language of the Tshimsian people. Language Revitalization role model, Larry Derrick, will be facilitating this group in the Cozy Room for any student interested in learning a new language along with First Nations support workers Tammy Bulleid and Vivian Watson as well as the school principal, Jane Arbuckle and Parkside teacher Kirsty Evans.

**Mindful Walking:** **EVERY DAY** from **10:00-10:30 AM** Parkside students have the opportunity to walk in our local area for 30 minutes with our school counsellor, Carol Passmore, or our Outdoor Education teacher, Phil Blundon. Students need to dress for the weather with proper footwear and clothing. The mindful walking is a voluntary option that allows students to be connected to nature and reduce their stress/anxiety.

**Yoga Anyone?** : Yoga is available every **THURSDAY from 11AM – Noon** in our school gym to help students manage their anxiety and stress. A certified yoga instructor, Barb Yawrenko, and Parkside teacher, Colleen Annibal, will be in the gym supporting students. Mats are provided. Students need to wear comfortable clothing. This program is available on a weekly basis thanks to financial assistance from the JumpStart foundation.

**Parkside Helping Hands:** On **FRIDAY at 8:45 AM** staff will be looking for students to help fill backpacks with food for the Starfish program operated by the local Terrace Skeena Valley Rotary Club giving food to students at Cassie Hall Elementary School and Suwilaawks Community School.

**Students Leaving School:** Any students needing to leave school before final dismissal at 3:08 PM need to get consent from a parent or guardian and relay this permission to our office staff, Ms. Arbuckle or Nicole Boivin, so the student can be signed out.



*Jane Arbuckle*

**Principal of Parkside Secondary School**

***“Love, Strength and Courage”***

**Terrace, B.C.**

**250-641-2170**